

OTTAWA

metro®



WHAT TO WATCH IN SOCHI

- 8:45 a.m. Four Canadians will go for the first ever Olympic gold medal in men's ski halfpipe. They're led by medal favorite Mike Riddle, who's the 2012-13 overall world cup champion. The other three swept a world cup podium last month.
- 10:15 a.m. Kaillie Humphries and Heather Moyse — the first Canadian women's team to win bobsled Olympic gold — will slide in their first two of four runs. Humphries comes in to Sochi the two-time reigning world cup champion. **GREG DOWNS/FOR METRO**



SETTING THE ICE ON FIRE

Tessa Virtue and Scott Moir of Canada compete in the ice dance at the Iceberg Skating Palace during the 2014 Winter Olympics in Sochi on Monday. The pair skated their way to the silver medal. Story, page 20. DARRON CUMMINGS/THE ASSOCIATED PRESS

RBC Royal Bank



Turn once a week into once in a lifetime.
Explore life after kids. Start investing \$25 a week, today.

Start today. Visit a branch or rbc.com/blossom or call 1-866-783-5995.

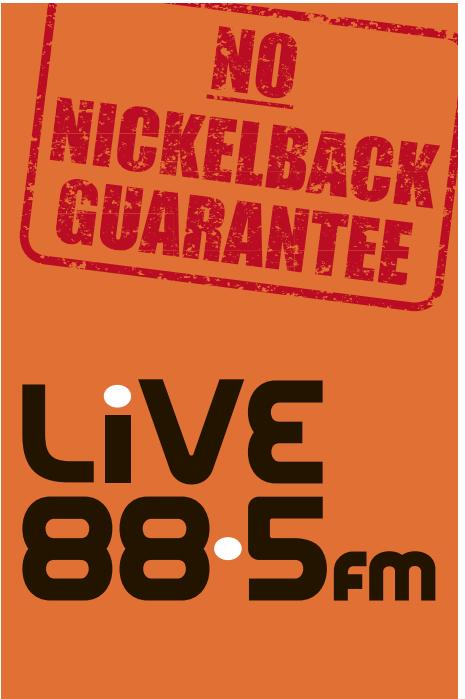
Advice you can bank on™



Financial planning services and investment advice are provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. * The example assumes a 5% annual rate of return in a Tax-Free Savings Account. Example is strictly for illustrative purposes only and not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. © TM Trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Used under licence. © 2014 Royal Bank of Canada. All rights reserved.

Canadian clinging to life in Panama

The young woman fell seriously ill while working in the country and now her family wants her to be airlifted back to Canada **PAGE 4**



Prison health care slammed by ombudsman

Stats. About 35 inmates die in federal prisons each year from natural causes

It often takes more than two years for Correctional Service Canada to complete a mandatory review when someone behind bars dies of natural causes, the national prison ombudsman says.

A report released Monday by correctional investigator Howard Sapers also raises questions about the quality of care provided to prisoners before they die.

Sapers says he uncovered questionable diagnostic practices, incomplete records, lax information-sharing and delays or lack of follow-up on treatment recommendations.

Prison staff did not investigate the circumstances of natural deaths beyond noting the cause as either unexpected or sudden, so there is no way of determining whether a death was preventable or premature,

At a glance

Howard Sapers recommends several changes, including:

- All reviews of prison deaths should be led by a doctor.

Sapers says.

About 35 federal prisoners die each year for natural reasons.

"More offenders are growing old in custody and succumbing to chronic disease in prison."

The process for reviewing deaths in prison should also be subject to a "quality control audit" by an outside medical examiner, Sapers says.

In preparing the report, Sapers' office hired an independent doctor to study the medical care provided to a sample of 15 offenders before they died. All of the deaths involved men and all but one was anticipated by the prison service.

THE CANADIAN PRESS

800 Canadians Own Property in Ecuador!

WHY?

"Because we can!" responds William Burgel, who recently purchased one of the 1600 home sites from the Canadian company HolaEcuador. "With prices like that we can finally afford a property in the south."

"Prices start at \$15,000 for a lot and \$55,000 for a nice little beach house. For \$120,000 you can own a luxurious home that would easily cost \$300,000 or more in Canada."

"It's an ecological Canadian project, with all the amenities included. Electrical, water and sewage, internet, on-site security, pools, parks, tennis courts, and more – they really thought of everything," he adds, visibly proud of his acquisition.

But perhaps most attractive for property owners – the ocean! The project is situated on one of the 3 most beautiful beaches of Ecuador, directly in front of the "mini Galapagos"



One of the beautiful homes being built by HolaEcuador

island in the Machalilla National Park. "Property owners benefit from a half kilometer of private beach and enjoy the constantly warm and pristine waters of the Pacific Ocean – and without annoying algae or jelly-fish. It's one of the main reasons that we decided to develop at this location," says Yves Cormier and Gordon Poole, the Canadian co-owners of HolaEcuador.

ECUADOR?

"Ecuador has long been a well-kept secret, but tourism in the country is growing rapidly. It's the Costa Rica of 15 years ago," affirms Mr. Poole.

Ecuador has more than just beautiful beaches – it's perhaps the most bio-diverse country in the world! Within reach of a day trip are the Amazon rain forests and the incredible Andes mountain chain. And of course, the world famous Galapagos Islands.

All of this to offer, and with incredible infrastructure to boot. Gorgeous new highways (without potholes!), high-end, accessible healthcare, a secure and safe environment and an extremely low cost of living. In fact, Ecuador has the lowest cost of living in all of the Americas! A taxi in town costs only \$1 and a daily lunch special in a seaside restaurant is rarely over \$3.



From June through October 12,000 humpback whales come to play in the warm and safe waters directly in front of HolaEcuador's beachfront development.

HOW TO BECOME A PROPERTY OWNER?

"It's very simple," says Mr. Rochefort. "I saw an advertisement for an informational session in Metro News, I reserved a spot and I attended. The developers themselves were present and gave us all the information we needed. After the session, I requested a follow-up meeting with one of the HolaEcuador sales representatives at their office in Hull and a few weeks later I was the proud owner of my piece of paradise! In a couple of years I'll be building my dream home with HolaEcuador."

Goodbye snow, hello Pacific!

Beach Properties
holaecuador.ca
 Canadian project in Ecuador

RESERVE YOUR SPOT!

My property in Ecuador?

Yes! Lots from \$15,000

LIMITED SPACE, PLEASE RESERVE AT:
 613 703-9895 | Toll free: 1 866 283-8622
 gaetan@holaecuador.ca

Free informational seminars

OTTAWA (in English)

February 22, 1 p.m.

February 25, 7 p.m.

Travelodge Ottawa Hotel
 Conference Centre
 1376 Carling Avenue

GATINEAU (in French)

February 19, 7 p.m.

February 23, 1 p.m.

DoubleTree Hotel
 (former Chateau Cartier)
 1170, Aylmer Road

Orleans

Fatal crash spurs traffic stop probe

The province's Special Investigations Unit (SIU) is looking into a fatal crash that took place early Monday morning in Orleans.

According to a police news release issued Monday, a cruiser tried to stop a vehicle on Trim Road shortly after midnight Monday. The vehicle was then involved in a fatal crash, but police have not released any details on the person killed. Four SIU investigators have been assigned to probe the crash. Ottawa police are also conducting their own parallel investigation.

Traffic heading on Hwy. 174 was diverted to Old Montreal Road on Monday and Hwy. 174 eastbound lanes were closed at Trim Road while investigators looked over the scene.

TREVOR GREENWAY/METRO

Cops called

Ottawa man charged after knife brandished: Police

An Ottawa man is facing several charges after police say a knife was brandished during a confrontation between neighbours.

Police say the man went to a neighbour's home on Saturday and asked for money but the neighbour refused. It's alleged the man then returned brandishing a knife and uttering death threats, and that witnesses to the incident called police. No injuries were reported.

James Lavergne, 24, is charged with uttering threats, possession of a weapon, assault with a weapon and failing to comply. THE CANADIAN PRESS



Ronald McDonald House goes 'above and beyond'

Mindy and Don Callaghan and their five-year-old son, Sean, were at Ronald McDonald House in Ottawa Monday, as RBC presented a cheque for \$36,000 for 14 of the charities across Canada. Carol Houston, executive director of the Ottawa location, said the funds will help refurbish a bathroom in one of the guest rooms. The Callaghans hailed Ronald McDonald House for going "above and beyond" for accommodating Sean, who suffers from hydrocephalus. "They don't treat you like a guest, they treat you like family," Don said Monday. JOE LOFARO/METRO

1
IN
NEWS

OC Transpo service dropped in Q3 2013

Ill transportation. Tardiness blamed on construction, weather



SEAN
MCKIBBON
sean.mckibbon@metronews.ca

If it felt like your bus was late more often, but you had more elbow room in the last three months of 2013, you weren't dreaming, the numbers actually prove it.

A quarterly performance report slated to be presented to the city's transit commis-

sion Wednesday says OC Transpo's performance levels "dropped slightly" and puts the blame on "several severe winter weather events."

"The last quarter of 2013 saw weather and construction-related events that negatively impacted service more than in the last quarter of previous years," the report says.

Regular service during the morning peak dropped from 68 per cent on time in Q4 2012 to 64 per cent on time in Q4 2013.

Express service during the morning peak period

decreased from 83 per cent in Q4 2012 to 78 per cent in Q4 2013 and regular service during the afternoon peak period also dropped, from 58 per cent on time in Q4 2012 to 54 per cent on time in Q4 2013.

Even scheduling additional time doesn't appear to have helped with major construction projects downtown, the report notes.

Ridership also fell 2.1 per cent from the fourth quarter of 2012 to 26.4 million trips by OC Transpo customers in the last three months of 2013.

The bright side

On the plus side, buses were involved in fewer collisions in the third quarter of 2013 (the city says it's collision numbers are always measured a quarter late). The number of crashes per 100,000 vehicle kilometres in Q3 2013 fell to 1.88 collisions compared to 2.30 crashes in Q3 2012.

The report blames a decline in employment and federal cut backs for the drop.

#TKOttawa



Saturday, February 22, 2014

10am - 4pm • Museum of Nature
(240 McLEOD ST • 4TH FLR GALLERY)



wellgarbe productions

event planning & management

FEATURING:



Information and tickets available online

TieTheKnotOttawa.com

A PORTION OF THE TICKET SALES WILL BE DONATED
TO DRESS FOR SUCCESS - OTTAWA CHAPTER

Foilproof plan. Ottawa woman's invention helps keep you cool in heat wave

Cate Rushforth is likely the only person these days thinking about when Ottawa's next heat wave will show up.

But when, and if it ever does come, Rushforth won't have to turn on her energy-sucking air conditioner to keep her house cool.

She'll just break out her new invention, the Sun Reflector Kit, roll a sheet of reflective material over the window and reap the savings.

"It stops the heat from getting into your house and warming up your home," says Rushforth, holding up a piece of material that looks like a thin sheet of tin foil. She said her creation has helped slash her hydro bill from over \$200 down to just \$67.

"You have insulation in your roof and in your walls, but the place where the heat gets in and makes you need to turn on your air conditioning is through the windows."

The Sun Reflector does essentially the same thing that

slapping a sheet of tin foil over your windows does, but the difference is that Rushforth's home doesn't look like vampires or drug addicts are hiding inside. The foil is clean, easy to use and looks more like frosted glass than tin foil.

"You can still see out, still see your children playing out in the backyard," says Rushforth.

Rushforth's venture may get a major boost this spring, as she has already made a pitch to the dragons on CBC's Dragon's Den for an \$80,000 investment in the company. She's not allowed to reveal what happened on the show, but she did say dragon Kevin O'Leary is just as snippy in real life as he is on TV.

"Kevin is a jerk, he's always a jerk, but he does it on purpose with a twinkle in his eye," she said of her taping last April. She isn't sure yet when the episode will air.

TREVOR GREENWAY/METRO



Cate Rushforth rolls a sheet of reflective material over a window, showing off her new product, the Sun Reflector Kit, that helps keep homes cool in the summer. TREVOR GREENWAY/METRO

Woman's family just wants her back home

Online campaign.

Family wants to get sick Canadian woman out of Panama to Canadian hospital



JOE LOFARO

joe.lofaro@metronews.ca

The family of a young Canadian woman who fell seriously ill while working in Panama is hoping to have her airlifted to a hospital in Montreal to get life-saving heart surgery.

Maeva Beauzile is now bedridden in a Panama City hospital with a breathing tube in her mouth because of a bacterial infection that has attacked her heart. Nadia Alkadri, an Ottawa woman who worked with Beauzile in Alberta two years ago, is publicizing an online fundraiser on Facebook to encourage others to help out and get her friend back home.

"She's always smiling, she's energetic," said Alkadri. "She's just a good person."

The 21-year-old was doing some modeling work abroad in January when she had on-and-off fever-like symptoms.

"It started with just a little fever," said Michael Beauzile, Maeva's aunt.

Beauzile said her niece has been diagnosed with endocarditis, an inflammation of the



In this grainy photo taken by Michael Beauzile, her niece Maeva Beauzile, inset, can be seen hooked up to a breathing tube inside a Panama City hospital on Sunday. INDIEGOGO.COM

inner layers of the heart. The young woman, described by her aunt as "healthy as Hell," now faces an earth-shattering dilemma.

"I'd rather take her home in Canada where we know

they will have the latest equipment to make our lives better," Michael Beauzile said.

Maeva did not get travel health insurance prior to her trip, her aunt said. "Unfortunately, that's a mistake we all made," she said.

The family enlisted the help of friends, family, and strangers to help pay the cost of an emergency medical evacuation to Canada. A friend set up an Indiegogo web page to help raise some of the \$45,000 the family says it needs to pay for

the medevac.

Her aunt said extended family members are going to try to pay for whatever the donations won't cover.

Needed

\$45,000

A friend set up an Indiegogo web page to help raise some of the \$45,000 the family says it needs to pay for Maeva Beauzile's emergency medical evacuation to Canada.

Quoted

"I'd rather take her home in Canada where we know they will have the latest equipment to make our lives better."

Michael Beauzile, Maeva's aunt.

HURRY
OFFER ENDS MAR 2



THE HOTTEST SAMSUNG SMARTPHONE SALE.

NOW SAVE \$500 up to with WINDtab™ on the hottest Samsung Smartphones with select unlimited plans.

Offer ends March 2, 2014 or while supplies last. Valid on new activations and eligible WINDtab upgrades. Savings with WINDtab pricing vary depending on plan selected. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Conditions apply. Applicable taxes extra. Learn more at WINDmobile.ca. © 2014 Samsung Electronics Canada Inc. All rights reserved. Samsung is a registered trademark of Samsung Electronics Canada Inc., and Samsung Galaxy S4, Samsung Galaxy Note 3 and Samsung Galaxy Ace II e is a trademark of Samsung Electronics Canada Inc. and/or its related entities, used with permission. Screen images simulated. WIND, WIND MOBILE, WINDtab and true mobile freedom are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. © 2014 WIND Mobile



NON STOP Flights from OTTAWA to Ft. Lauderdale!



You asked. We listened.

Celebrity Cruises Caribbean vacations **It's all included.**

Availability is limited, so book yours now.

**NEW! All Included 7 night Caribbean Cruise
with NON STOP FLIGHTS FROM OTTAWA!**

Saturday departures March 1, 8, 15, 22, 29, 2014

Package includes:

- 7 night Eastern Caribbean Cruise On Board Celebrity Reflection* in stateroom category as selected
- **ROUNDRIP NON-STOP FLIGHT FROM OTTAWA TO FT. LAUDERDALE**
- Classic Beverage Package includes beer, wine, spirits and more*
- Taxes & Gratuities*
- Complimentary In-flight Meals, Beverages, Entertainment, and Headsets
- Round Trip Transfers from Ft. Lauderdale Airport to Port of Miami
- Up to 2 Checked Bags per Traveller*

Interior Stateroom from \$1,749**
Oceanview Stateroom from \$1,849**
Veranda Stateroom from \$1,899**



www.celebritycruises.com/ontario

To reserve, call your travel agent or call 1-888-776-1155

Celebrity X Cruises®



* Some activities/restaurants may require an additional fee. Offer is valid for departures between March 1 to 29, 2014 on the Celebrity Reflection*. Classic beverage package for two applies to two guests (21 years and older) per stateroom and includes beers up to \$6 per serving; spirits, cocktails and wine up to \$8 per serving; all soda selections, fresh squeezed and bottled juices, premium coffees and teas and non premium bottled water. Server gratuities are included (amount based on gratuity guidelines). Gratuity applies to two guests per stateroom and provides for prepaid stateroom, waiter, assistant waiter and head waiter gratuities (amounts based on gratuity guidelines). Max. total baggage allowance of 25 kilos (55 lbs.) per person. Additional charges may apply in excess of 25 kilos. Price is in CDN dollars per person based on double occupancy for new individual bookings, subject to availability and change at time of booking and is inclusive of all taxes. ** Prices are based on the lowest minimums available as follows: from 1749 interior cat 12 for sailing March 1/8/15/22/29; from 1849 oceanview cat 8 for sailing March 15/22/29; from 1899 veranda cat 2d for sailing Mar 15/22/29. Other categories/occupancy types and sailing dates are available at varying prices. This program is not combinable with any other offers. Certain restrictions apply. Celebrity Cruises reserves the right to correct any errors, inaccuracies or omissions and to change or update fares, fees and surcharges at any time without prior notice. © 2014 Celebrity Cruises, Inc. Ship's Registry: Malta and Ecuador. All Rights Reserved.

Braving the bitter cold to compete cross-country

Gatineau Loppet.

Skiers took to the snow over the weekend to compete in the 36th annual event

MIKE CARROCETTO
ottawa@metronews.ca

Cold northwest winds blew a bitter breeze into the national capital region Saturday night, changing the race conditions for about 1,300 cross-country skiers at Sunday's 36th annual edition of the Gatineau Loppet.

But there was nothing bitter on the mind of Lac-Mégantic's Vincent Blais, the third place finisher with a time of 2:25:10.8 in the 51-kilometre men's freestyle race.

"I have always been proud, really proud, of being from Lac-Mégantic," said Blais from the podium ceremony.

"Now everywhere I go I want to push even harder, to show people we can achieve great things even if we come from a small town. People are pushing me hard to keep racing and I just wanted to show people that I'm persevering."

Blais finished almost three minutes behind Marc-André

Bedard, of Quebec City, and Chelsea's Steffan Lloyd, who crossed the finish line just 2.5 seconds apart, in what was the tightest race of the morning.

Despite the -18 C temperature at 9 a.m. when hundreds of cross-country skiers started either a 27-kilometre or 51-kilometre race, the hardest part of the race might have been choosing the right ski wax.

Yan Michaud, president of the Gatineau Loppet, said the drop in temperature affects the kind of wax competitors should use. "(Racers need to) use a glide wax. If you haven't changed your wax, or put a warm wax on, it will be really really tough out there (on the course)."

Nicholas Pigeon of Gatineau won two races over the weekend, including the 27-kilometre freestyle Sunday morning. The 18-year-old Pigeon was three minutes faster than Maxime Leboeuf, 26, also of Gatineau, and almost five minutes faster than 37-year-old Daniel Murray of Dingwall, Nova Scotia.

The course "was like sandpaper out there," said Pigeon, who also won a race on Saturday. "Everyone's skis were really slow, so you have to push through it. Go as fast as you can and get the skis to



Skiers race out from the start line at the 36th annual Gatineau Loppet in Gatineau, Que., on Sunday. Below, Marc-André Bedard, winner of the 51-kilometre freestyle, raises a bottle of bubbly during the podium presentation. Bedard, of Quebec City, won the race with a time of 2:22:26.1. MIKE CARROCETTO/FOR METRO

warm up," was his winning strategy, and it obviously worked.

In the women's 27-kilometre freestyle, Gatineau's Veronique Fortin, age 33, with a time of 1:28:09.8 finished 13 minutes ahead of Chelsea's Karine Labonte (1:41:19.2). Louise Martineau of Rimouski, age 53, finished third with a time of 1:43:26.3.

"I've been skiing a long time, since I was 17," said Martineau after her race. Asked about the conditions, she added, "the course was slow... I changed wax, but it wasn't perfect."

Claude Godbout of Quebec City won the women's 51-kilometre race in a time of 2:51:01.7, about 22 seconds ahead of Sheila Kealey.



Finish on schedule. Your schedule.

Our flexible online learning program gives you more study options so you can pursue your CGA designation while you work. And more is always better than less.

The next enrolment deadline is March 4, 2014.

Become a CGA at
cga-domore.org/CGA-ready-to-enrol

CGA[®]
CERTIFIED
GENERAL
ACCOUNTANTS

We see more than numbers.



porter
flying refined

60% off base fares is our most adrenaline-packed sale ever!

Right now, you can take up to 60% off base fares.
But be quick: prices like these will have to come down to earth soon.
So book by Monday, February 24 at flyporter.com

up to

60%

OFF BASE FARES



flyporter.com

HALIFAX • MONCTON • MONT TREMBLANT • MONTRÉAL • OTTAWA • QUÉBEC CITY • SAULT STE. MARIE • ST. JOHN'S • SUDBURY
THUNDER BAY • TIMMINS • TORONTO • WINDSOR • BOSTON • VERMONT • CHICAGO • MYRTLE BEACH • NEW YORK • WASHINGTON

Book by 11:59 pm Eastern Time February 24, 2014. Travel by June 27, 2014. Up to 21-day advance purchase may be required. Fares may not be available April 18-21, May 16-19, 2014. Discount applies only to the regular base fare and does not apply to fees, taxes or surcharges. Lowest fares are available on Tuesday and Wednesday departures. Fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$25 first-checked bag and \$35 second-checked bag fee to and from the U.S., a \$20 second-checked bag fee for flights in Canada, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

N. Korea. UN panel warns Kim Jong-un could face international prosecution

A UN panel warned North Korean leader Kim Jong-un on Monday that he may be held accountable for orchestrating widespread crimes against civilians in the secretive Asian nation, ranging from systematic executions to torture, rape and mass starvation.

It is unusual for a UN report to directly implicate a nation's leader.

But in a letter accompanying a yearlong investigative report, the chairman of a three-member UN commission of inquiry, retired Australian judge Michael Kirby, directly warned Kim that international prosecution is needed "to render accountable all those, including possibly yourself, who may be responsible for crimes against humanity."

"Even without being directly involved in crimes against humanity, a military commander may be held responsible for crimes against humanity committed by

Crimes against humanity

The report is a wide-ranging indictment of North Korea for policies including:

- Political prison camps with 80,000 to 120,000 people

forces under the commander's effective command and control," Kirby wrote.

"They are wrongs that shock the conscience of humanity," Kirby said, comparing them with Nazi atrocities.

North Korea is unlikely to face prosecution because China, one of five veto-wielding members of the UN Security Council, generally opposes such referrals to the International Criminal Court.

"Too many times in this building there are reports and no action," Kirby said of the UN. "Well, now is a time for action. We can't say we didn't know."

THE ASSOCIATED PRESS

Rainbow-clad LGBTQ activist detained in Sochi



Vladimir Luxuria, a former Communist lawmaker in the Italian parliament and prominent crusader for transgender rights, is detained by police after entering the Shayba Arena in Sochi, Russia, Monday. DAVID GOLDMAN/THE ASSOCIATED PRESS

Olympics. Prominent transgender rights crusader removed from hockey game

An Italian activist shouting "It's OK to be gay" and dressed in a rainbow-coloured outfit and large headdress was detained Monday as she entered an arena to watch an Olympic hockey game.

Vladimir Luxuria, a former Communist lawmaker in the Italian parliament who has become a prominent transgender rights crusader and television personality, was stopped by four men and then driven away by police in a car with Olympic markings.

It was not known where she was taken.

Luxuria had been walking around the Olympic Park in Sochi for about two hours. She was shouting "Gay is OK" and "It's OK to be gay" in both English and Russian.

As she was being led away from Shayba Arena, she was shouting "I have a ticket."

It was not immediately clear why Luxuria was detained.

THE ASSOCIATED PRESS



FOR ALL THE WAYS YOU KEEP THEM ACTIVE, WE GIVE YOU CREDIT.

Take advantage of the Children's Fitness Tax Credit.

If your children participated in eligible fitness activities last year, you may be able to claim up to \$500 per child. And for each child claimed, you reduce your federal tax payable by up to \$75. Join the millions of Canadians who file online and use direct deposit to get their refund faster.

Find out more at cra.gc.ca/TaxSavings



Canada Revenue Agency
Agence du revenu
du Canada



Canada

Co-pilot hijacks his own flight

Geneva. Ethiopian Airlines pilot asks for political asylum after locking captain out of cockpit and flying plane to Switzerland

It seemed like a routine flight until the Ethiopian Airlines jetliner went into a dive and oxygen masks dropped from the ceiling.

The co-pilot locked the captain from the cockpit, commandeered the plane and headed for Geneva. He used a rope to lower himself out of a window and asked for political asylum. Authorities say a prison cell is more likely.

One passenger said the hijacker threatened to crash the plane if the pilot didn't stop pounding on the locked door.

The plane landed in Geneva



Police stand on the stairs at a Geneva airport after passengers were evacuated from a hijacked plane on Monday. SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

at about 6 a.m. Officials said no one on the flight was injured and the hijacker was taken into custody.

"The pilot went to the toilet and (the co-pilot) locked himself in the cockpit," Geneva airport chief executive Robert Deillon said.

The co-pilot was identified as Hailemedhin Abera,

a 31-year-old Ethiopian man who had worked for Ethiopian Airlines for five years and had no criminal record, said Ethiopia's communications minister, Redwan Hussein, adding that Ethiopia will seek his extradition.

Geneva police said he claimed he felt threatened at home. **THE ASSOCIATED PRESS**

Université d'Ottawa | University of Ottawa

The Telfer MBA

The power to outperform

Come and see how the Telfer MBA will help you achieve more by attending an upcoming information session.

March 6, 2014 (in English)

Feb 27, 2014 (en français)

5:30 p.m., Desmarais Building,

55 Laurier Ave East, Ottawa

RSVP:

www.telfer.uOttawa.ca/infosessions



A Health Management Program (MHA) is also offered.

www.telfer.uOttawa.ca/mba



Ecole de gestion
TELFER
School of Management

@telfer_uOttawa (EN) | @telfer_UdO (FR)

 facebook.com/telfer.uOttawa



Accredited by
**ASSOCIATION
OF
MBAs**

 **EQUIS** ACCREDITED

CHEVROLET



0% FINANCING FOR UP TO 84 MONTHS*
LEASING FOR UP TO 60 MONTHS* ON SELECT 2014 MODELS



**COMPLETE
CARE**

ALL 2014 CHEVROLET MODELS INCLUDE:

COMPLIMENTARY OIL CHANGES	2 YR/40,000 KM*
NEW VEHICLE LIMITED WARRANTY	3 YR/60,000 KM*
POWERTRAIN WARRANTY	5 YR/160,000 KM*
ROADSIDE ASSISTANCE	5 YR/160,000 KM*
ONSTAR® STANDARD	6 MONTHS

2014 EQUINOX LS

FULLY EQUIPPED

- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- BLUETOOTH® WITH USB
- POWER WINDOWS, LOCKS & REMOTE KEYLESS ENTRY
- BEST-IN-CLASS REAR SEAT LEGROOM*
- SIRIUS XM RADIO™
- BETTER HWY FUEL ECONOMY THAN ESCAPE, RAV4 & CRV**

LEASE

\$145 @ 0%

PLUS WE MAKE YOUR FIRST MONTH'S LEASE PAYMENT*

**STEP UP TO
ALL-WHEEL DRIVE
FOR \$11 MORE BI-WEEKLY***



**46 MPG
HWY**
HWY: 6.1L/100 KM
CITY: 9.2L/100 KM[△]

EQUINOX LTZ SHOWN[†]

TO GUARANTEE OUR **160,000-KM/5-YEAR** POWERTRAIN WARRANTY*

*Whichever comes first. See dealer for limited warranty details.

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Based on a 48 month lease for 2014 Chevrolet Equinox LS FWD 1LS/Equinox LS AWD 1LS. Annual kilometre limit of 20,000 km, \$0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-Weekly payments may vary depending on down payment/trade. A down payment or trade off \$995 and/or \$0 security deposit is required. Total obligation is \$11,324/\$11,610. Option to purchase at lease end is \$9,511/\$9,740. Excess wear and tear and km charges not included. Other lease options available. ▼**Freight & PDI (\$1,600/\$1,600), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ▲Comparison based on 2013 Polk segmentation: Compact SUV and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. **2014 Chevrolet Equinox FWD equipped with standard 2.4L ECOtec I-4 engine. Comparison based on Natural Resources Canada's 2014 Fuel Consumption Guide. A 2014 Equinox equipped with standard 2.4L ECOtec engine and 6-speed automatic transmission. Fuel consumption based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. 2014 Equinox LTZ FWD, MSRP with freight, PDI & taxes \$37,539. Dealers are free to set individual prices. *The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an AC Delco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 KMs, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. †Participating lenders are subject to change. 0% purchase financing offered on approved credit by RBC Royal Bank/TD Auto Finance Services/Scapibank for 84 months on new or demonstrator 2014 Chevrolet Sonic Sedan LS USA, Sonic 5-door, Cruze. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: \$25,595 at 0% APR, the monthly payment is \$304.70 for 84 months. Cost of borrowing is \$0, total obligation is \$25,595. Offer is unconditionally interest-free. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ▲Offer valid only to eligible retail lessees in Canada who have obtained credit approval by GM Financial, have entered into a lease agreement with GM Financial, and who accept delivery from January 3, 2014 through February 28, 2014 of a new eligible 2014 model. General Motors of Canada will pay the first month's lease payment, or first 2 bi-weekly lease payments (inclusive of taxes). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part at any time without prior notice. Under certain circumstances, this offer may be prohibited by law. Additional conditions and limitations apply. See dealer for details.

ONTARIOCHEVROLETDEALERS.COM





If you follow a game plan each year, it may make it easier to save money for the future. The first step is to get your finances organized by creating and following a budget. ANDREY_POPOV/SHUTTERSTOCK

A savings game plan you can bank on

YLVIA
VAN BUUREN
For Metro

Not completely satisfied with your RRSP contribution this year?

Here is an annual game plan for saving for retirement that can help you do a little better next year.

There are many things you can do at different points throughout the year.

1 First things first — you have to get your finances organized, says financial adviser Aaron Keogh, president of the Windsor chapter of Advocis, The Financial Advisors Association of Canada. Early in the year, create and start following a budget. "A budget is designed to help you decide where you wish to allocate your money. How much do you need to spend on fixed living expenses? How much

do you want to spend on discretionary expenses? Is this really a proper usage of your resources?" Keogh suggests using a budget tracker — there are numerous options available on the market.

2 Once your taxes for 2013 are done, review registered investments. What is your RRSP contribution room limit, and should you utilize RRSPs and the tax-free savings account (TFSA) in 2014 to

put yourself into a better position going forward? Keogh suggests setting up automatic contributions (on a weekly or monthly basis) into TFSAs, RRSPs, or both.

3 Review non-registered investments. You may be able to improve your tax situation by shifting non-registered savings accounts, stocks or mutual funds into TFSAs, Keogh said. For example, if you have a savings

account with three months of funds for a rainy day, it might make sense to move some of that money into a TFSA where it can grow tax-free if you have available room. "When January rolls around, you can shift funds from non-registered investments or TFSAs into RRSPs in order to save on taxes for 2014."

4 Stay on budget during the summer. Schedule time once a week to review

your budget and what you have spent.

5 Head into the winter holidays with a budget in mind, too.

6 As December comes to a close, "keep top of mind your goal, which is maximizing your tax savings and retirement savings," Keogh said. In the new year, you will still have 60 days to make an RRSP contribution that can go towards the previous tax year.



A cash flow analysis will help determine where you spend your money and how you can reduce expenses. GPOINTSTUDIO/SHUTTERSTOCK

Make it a priority to pay yourself first

Whose cash flow isn't tight these days, which is all the more reason to pay yourself first when it comes to savings, says Christopher Dewdney, a Toronto financial adviser and member of Advocis, The Financial Advisors Association of Canada.

"The whole purpose of the RRSP is not only the tax savings but, eventually, it's going to be income during retirement."

Here are some savings strategies.

- Change spending habits. Do a cash flow analysis so you know

exactly what you are spending your money on and look for opportunities where you can reduce expenses. Start small, Dewdney said, be reasonable, and remember that every dollar counts.

- Stop the needless charges. If you use ATM machines from other banks, for example, charges are often doubled.

- Consolidate debt. If you have multiple payments (credit cards, loans, car loan, etc.), get a debt consolidation loan to reduce interest expense and free up cash.

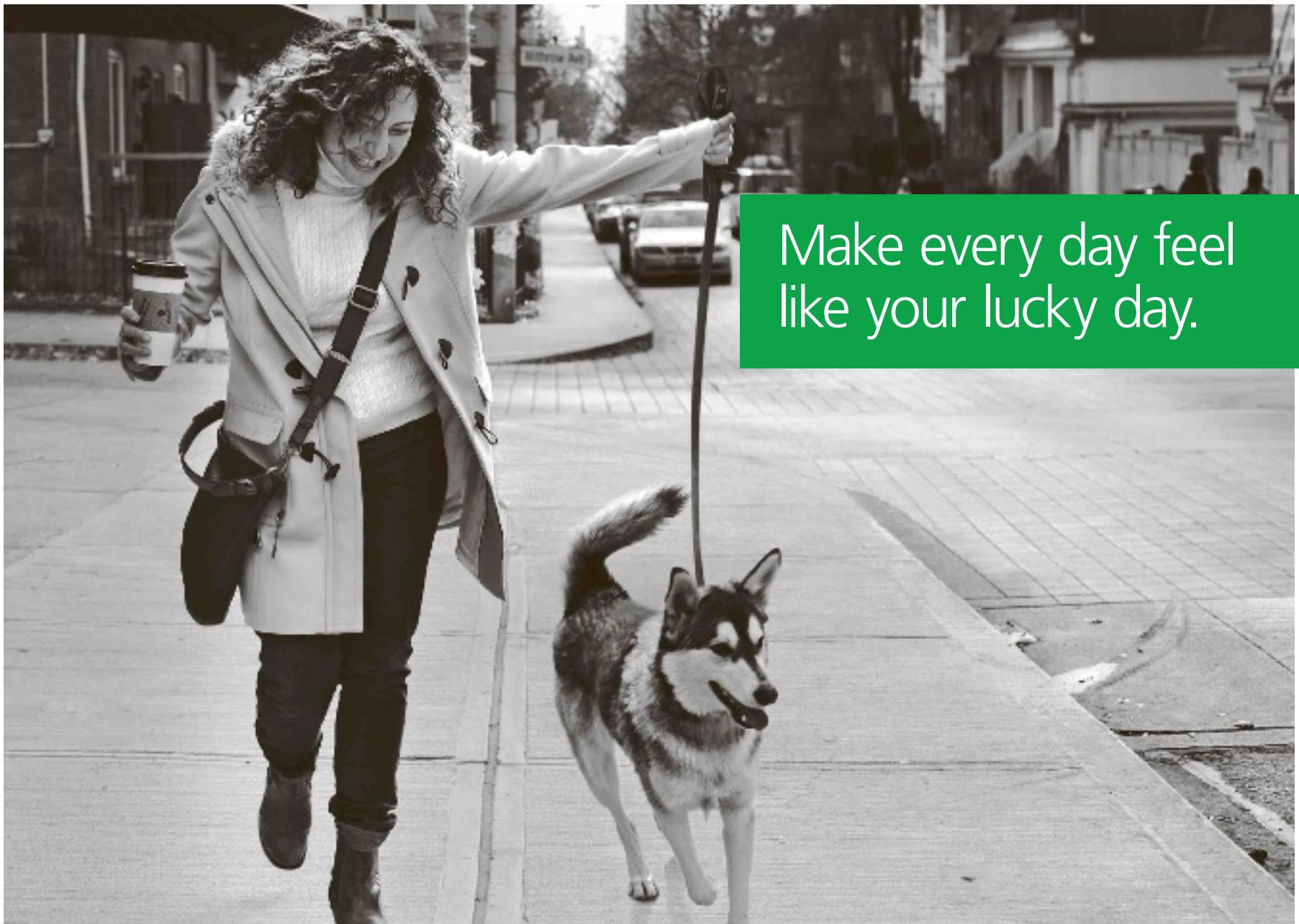
- Save automatically. Set up automatic — weekly or monthly — deposits into your RRSP. You will get used to it quickly and once you see savings accumulate, it will be motivating, Dewdney said. "Also, you benefit because you're not trying to time the market. Historically, your average costs are better."

- Say yes to a group RRSP or pension plan. If your employer offers a company plan, take full advantage of it, especially if a percentage or amount will be matched. "If the employer is matching, say four per cent,

you make a 100 per cent return of four per cent," Dewdney said.

- Catch-up loan. An RRSP loan is ideal for people with a good cash flow but not enough savings to make a lump-sum contribution, said Anthony Williams, vice-president of Academic Affairs, The Canadian Institute of Financial Planning. Many financial institutions can structure an RRSP loan so the first payment is deferred to May or June when you receive your refund.

YLVIA VAN BUUREN



Make every day feel
like your lucky day.

Don't forget,
the RSP contribution
deadline is March 3.

Saving is winning.

There's something really exciting about seeing your money grow. From saving up for something special to contributing to your RSPs, TD has automated savings options that make paying yourself first an easy, affordable and effective way to save. Make saving a winning lifelong strategy today.

Visit a branch or
tdsavingiswinning.com



STRESSED ABOUT DEBT?



You have options. We'll help you take control of debt.

BDO can help you:

- Consolidate debt with a consumer proposal
- Reduce the amount you owe
- Arrange manageable monthly payments
- Stop interest and collection calls
- Avoid bankruptcy

613 235 5225

Ottawa | Carleton Place | Kanata | Manotick | Orleans

CONTROL YOUR FUTURE

BDOdebthelp.ca

BDO Canada Limited | Credit Counsellors | Proposal Administrators
Trustee in Bankruptcy since 1958
Principal office: 200 Elgin St, Ottawa



PERSONAL SUPPORT WORKER



Program Objective

This 27 week program provides the theoretical knowledge and the practical skills required to enter the healthcare field as a Personal Support Worker.

Career Opportunities

Graduates will find employment within:

- Long-Term Care Facilities • Group Homes
- Hospitals • Retirement Homes/Residences
- Agencies providing Homecare Service



CALL TODAY!

ALGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com



BECOME A RESPECTED HEALTH INDUSTRY PROFESSIONAL

MEDICAL OFFICE ADMINISTRATOR WITH WARD CLERK SPECIALIST DIPLOMA WITH CO-OP (42 WEEKS)

Start a career in the medical field with in-depth skills, knowledge and experience with a wide range of career opportunities. With your Ward Clerk skills and practical on-the-job experience, job opportunities in hospitals, medical offices, rehabilitation centres, long-term care facilities and work from home are some of your places of employment.

for details, email: inquiries@ottawa.williscollege.com

613.233.1128 • WILLISCOLLEGE.COM • OTTAWA • SMITHS FALLS • ARNPRIOR



Rail industry on track to study risk of carrying oil

In this file photo, a BNSF Railway train hauls crude oil near Wolf Point, Mont. At least 10 times since 2008, freight trains hauling oil across North America have derailed and spilled significant quantities of crude, with most of the accidents touching off fires or catastrophic explosions. Now, the railroad industry, at the urging of the Obama administration and safety officials in the U.S. and Canada, is considering a closer look at the risks posed by trains that now carry hazardous liquids through every region of the country. THE ASSOCIATED PRESS FILE

All work, no play? Not at this office

No dull boys and girls here. Video game company gets happiness co-ordinator in bid to lure and keep top talent



**MIKE
DONACHIE**
Metro in London

Be happy: it's a work day.

It may be an odd idea to some people, but the staff at Big Viking Games in downtown London are encouraged to be happy.

They get free meals, activities, special coffees and general fun and, now, there's even someone in charge of it: a happiness coordinator.

Last week, with help from the City of London's Hire One campaign the video games company's office in southwest



Smile! Jacqueline Malison, the new happiness co-ordinator at Big Viking Games in London. CONTRIBUTED

employees," said company co-founder Greg Thomson.

"We recognize that, in order to attract people to London and have talented employees, we need a work environment that's fun."

So there are afternoon snacks, free breakfast and lunch and specialty coffees in the mornings. The fridge is stacked with pop and the laughs keep coming.

To celebrate the spirit of athletes in Sochi, Big Viking staff staged their own office Olympics last week. Events included a ring toss, wheelbarrow race and a brain freeze challenge, racing to drink slush made with the office's own slush machine.

And the happiness coordinator is there to, well, co-ordinate all that happiness. She organizes events and comes up with ideas. So far, everyone's, ahem, happy with having a few smiles while hard at work.



WILLIS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

CERTIFICATIONS INCLUDE

Official Red Cross CPR & 1st Aid training
NVCI Non-Violent Crisis Intervention - Crisis Prevention Institute
ASIST Training- Suicide Prevention- Living Works

PROGRAM STARTS EVERY 7 WEEKS!

ESTHETICS OVER ATHLETICS

I've noticed an interesting new trend among my extended social circle of Instagram acquaintances and Facebook "friends."

Alongside all the birth announcements and engagement photos, there seems to be an increasing number of women in their 20s and 30s participating in fitness figure competitions.

It's hard to ignore the myriad of progress photographs populating my newsfeed. Women are chronicling their transition from thin, healthy-looking individuals into sculptured hard bodies and uploading a gratuitous amount of full-body shots to bait friends and family into commenting on their changing physique.

Bodybuilding is big business and the amateur industry is growing at a tremendous rate.

The International Natural Bodybuilding Federation hosts over 50 figure-based competitions across North America every year, attracting thousands of men and women to the stage.

For the female competitions, judging is based on a variety of



SHE SAYS

Jessica Napier

metronews.ca

factors including muscle tone, leanness, overall symmetry, facial beauty (makeup, hair, etc.), stage presence, poise and elegance.

Women are required to wear a two-piece swimsuit (solid colour, no patterns, sparkles and sequins encouraged) and high-heeled shoes. There is also an unwritten rule about applying an obscene amount of tanning lotion.

Built and bronzed competitors strut across the stage to show off their musculature through a series of mandatory poses. According to the INBF website, judges are looking for a "toned, conditioned physique with no visible cellulite or fat."

Aren't we all!

But in all seriousness, many of the factors on which these participants are evaluated don't exactly correlate to athletic values, but seem to align a bit more with traditional pageant ideals.

Poise, elegance and facial beauty aren't skills you work on at the gym; and yet you can't deny the work it takes to get on

that stage.

Attaining a fitness model figure requires an incredible amount of discipline and strength.

Competitors must adhere to an extremely restricted diet and spend months working through an intense physical training program. In the days leading up to these competitions, women will cut back to 800-calorie-a-day diets, exercise for four hours or more a day and dehydrate themselves in an attempt to make their muscles pop.

Bodybuilding is an endurance sport that takes an incredible amount of mental and physical determination, but I have to wonder what the point of all of it.

Even if the end goal is to look fit, the emphasis is still on appearance rather than performance-based goals. It seems bizarre to me that competitors spend so much time building their bodies in order to show off how they look rather than what they can do. Why flex instead of lift, or pose instead of press?

Why would a strong woman work so hard for so long only to show up on the day of the competition, slip into a rhinestone bikini and hope the judges decide she's the best-looking gal on stage?

ZOOM

Hey kids, dying for your country is fun!



ALL PHOTOS JOHANNES SIMON/GETTY IMAGES

Budding Bundeswehr recruits?

German army piques interest with youth 'adventure camps'

Youths prepare for hiking in the Bavarian Alps with members of the alpine combat units of the German armed forces, or Bundeswehr, during the Bundeswehr's Adventure Camp Monday.

GETTY IMAGES

Approximately 30 youths took part in the annual, four-day event that gave them an opportunity to get a glimpse into Bundeswehr life and to encourage them to pursue a professional career in the Bundeswehr.



The program has attracted flak from critics who say the army should keep its recruitment tactics targeted only towards adults.

Clickbait



IRENE KUAN

Metro Online

Higher education can be time-consuming and expensive, but imagine being able to study a Harvard University-offered course online for free.

This is where Massive Online Open Courses (MOOCs) come in handy, without the commute, or hefty tuition. Here are three MOOC sites that offer free online learning.



Coursera: Coursera is a social entrepreneurship company operated in partnership with Stanford University. It works with other schools to make their courses free online. Students can choose to study a variety of subjects, from humanities to physics. Certificate programs are also available but this is where it will cost you. In Dec. 2013, Coursera introduced an iPhone app for their educational tool.

EdX: EdX offers online courses specifically for interactive study. It was founded by MIT and Harvard University in May 2012, offering university-

level courses in a variety of disciplines, and currently has 1.6M users enrolled, with over 29 schools offering courses through the site. EdX also collects users' clicks and analyzes the data to learn about the demographic of each registrant.

Udacity: Udacity looks to help users advance their careers through project-based online classes. The educational organization was first branched out from the free computer science courses offered through Stanford University in 2011, but has since expanded to eight full courses and 25 free coursewares.

Comments

RE: Lululemon Bans Customers for Reselling Yoga Pants? Published online Feb. 13, 2014

Just another corporate cult getting too full of themselves because of the success they've enjoyed. I can

relate to protecting ones brand, but do you see ANY other manufacturer from VW to Apple telling their purchasers that they'll be banned if they try to sell their own goods? Frankly its obnoxious. They've drank too much of their own Kool-Aid.

Stuart Rudolph, posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

**On the Job****Director.** Erik Matti**Stars.** Piolo Pascual, Gerald Anderson, Joel Torre

• • • •

Idealism dies hard in this Filipino crime thriller, which premiered at Cannes 2013 and which makes up in characters and action what it lacks in narrative innovation. Director Erik Matti and his crew put together a Hollywood-beckoning drama that favourably recalls the bone-deep corruption and generational mentoring of *A Prophet* or *Donnie Brasco* or any number of similar genre films. "No one's clean in this line of work," a character observes, and the remark could apply to toilers on both sides of the law who are busily eliminating opposition to their illicit activities. The proverbial one good cop caught in the crossfire (Piolo Pascual) has tangled family connections that are giving him grief. Where Matti excels is in action scenes, including a subway chase that recalls a similar one in *The French Connection*. Extras include deleted scenes and a making-of featurette. **PETER HOWELL**

Amazing Alice: Not just another Holocaust story

The Lady in Number 6: Music Saved My Life.

Oldest living pianist and Holocaust survivor is star of Malcolm Clarke's documentary

Director Malcolm Clarke is keeping a level head about his Oscar nomination for the inspiring documentary *The Lady in Number 6: Music Saved My Life*. "I try not to think about it," he says cheerfully in an interview, although he stresses he's honoured by the nod.

But does he have any superstitions or rituals he's following in advance of the March 2 ceremony in Los Angeles? He says no, he's not superstitious. Except "Someone said to me yesterday, 'Have you written your speech?' The last thing I would do is write a speech. I think it would jinx it."

Clarke already has one of the coveted golden statues, winning the best documentary short category in 1989 for *You Don't Have to Die*, about a child battling cancer who inspired other youngsters with the disease. When he accepted that Oscar, he thanked the Academy for continuing to honour documentaries at a time when there was a push to exclude them from the awards.

The Lady in Number 6 tells the story of 110-year-old Alice Herz-Sommer, described as the world's oldest living pianist and the oldest survivor of the Holocaust. It's impossible not to be captivated by the bright-eyed, joyful woman whose frail hands still manage



Alice Herz-Sommer, a Holocaust survivor who's the subject of the Oscar-nominated documentary *The Lady in Number 6: Music Saved My Life*, which was made by a Canadian crew. KIERAN CIRILLY /THE CANADIAN PRESS

to tickle soul-touching music out of the piano in her London apartment. Her sunny outlook along with the music, she says, helped her survive her darkest moments.

"Music saved my life and music saves me still," she says in the film. It's a philosophy that was crystal clear during the two weeks the film crew spent talking to Herz-Sommer in her tiny apartment.

"She says in the film there's beauty even in the bad things in life, you just have to know where to look for it," said executive producer Frederic Bohbot, founder of Montreal's Bunbury Films. Clarke, who is British but has lived in Montreal since the mid-1990s, was initially reluctant to make the film on Herz-Sommer because he'd already made a film on the Holocaust.

"I had had enough of dealing with Holocaust material,"

Quoted

"She (Alice Herz-Sommer) says in the film there's beauty even in the bad things in life, you just have to know where to look for it."

Frederic Bohbot, Executive producer of *The Lady in Number 6: Music Saved My Life*

said the director. "When you sit with that material for any length of time, it can get to you. It wears on you psychologically." Clarke was nominated for an Oscar in 2003 for *Prisoner of Paradise*, which chronicled Kurt Goren, a German-Jewish performer who was interned in the Theresienstadt concentration camp in what is now the Czech Republic and forced to make a now-infamous propaganda film for the Nazis.

But a meeting with Herz-Sommer, who was interned with her young son at Theresienstadt, a feeder camp for the Auschwitz death camp, changed his mind. "I only sat with her for an hour, an hour and a half and at the end of that meeting, I realized that... we should do it because she was so remarkable and her story was much bigger than just being a Holocaust story. I don't think of this film as a Holocaust film at all. It's certainly important in Alice's life. It forged who she became afterwards (but) it's a film about much more than that."

At the risk of being "high-falutin," he says *The Lady in Number 6* is about the indomitable nature of the human spirit.

THE CANADIAN PRESS

YOUR SUCCESS STARTS RIGHT NOW!

By making the decision to call Algonquin Careers Academy, you're saying goodbye to "job hunting" and hello to an exciting new career.

CONSIDER A CAREER IN HEALTHCARE:

MEDICAL OFFICE ASSISTANT DIPLOMA
MEDICAL LAB ASSISTANT DIPLOMA
PERSONAL SUPPORT WORKER DIPLOMA
PHARMACY TECHNICIAN DIPLOMA
PHARMACY ASSISTANT DIPLOMA

Contact us today

613-722-7811

ALGONQUIN CAREERS ACADEMY
www.algonquinacademy.com



WE ARE HIRING

AVG \$1,000+/WEEK

Apply Today And
Start Immediately

Guaranteed Full Time

Entry Level Sales

Full Training Provided



CALL (613) 686-3115

To Schedule Your Interview

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



One song wasn't enough to cover Taylor's too-Swift fall for Gyllenhaal

The lyrics to some of the songs on Taylor Swift's last album suggested that her relationship with Jake Gyllenhaal didn't end too well, but apparently we had no idea. A source tells Radar Online that the entire album was inspired by the fallout from their split, with the song *The Moment I Knew* chronicling Swift's disastrous 21st birthday party, at which Gyllenhaal was reportedly

a no-show. "Taylor thought maybe he was planning some sort of surprise. Nope. He didn't show up and she locked herself in the bathroom and cried the entire night," the source says. "Her breakup with Jake inspired every word of (the album) *Red*." So why did this brief romance reportedly hurt more than the others that Swift used as fodder for hit songs?

According to the source, Swift had been "saving herself for marriage" but decided to scuttle that plan after three months of dating Gyllenhaal.

"She thought she was going to marry Jake, that's how in love she was with him."



John Krasinski and Emily Blunt ALL PHOTOS GETTY IMAGES

A baby bundle for arguably the most adorable pair in Hollywood

Emily Blunt and husband John Krasinski are officially parents, welcoming a baby girl Sunday in Los Angeles, the proud papa announced via Twitter. "Wanted to let the news out directly. Emily and I

are so incredibly happy to welcome our daughter Hazel into the world today," the former *Office* star wrote. It's the first child for Blunt and Krasinski, who were married three and a half years ago in Italy.

Bossypants from the block: Perez writes that Lopez has been a diva from day one

Rosie Perez reveals in her new memoir, *Handbook for an Unpredictable Life*, that she and Jennifer Lopez aren't on the best of terms — and it's been that way for a long, long time. Perez first encountered Lopez when the Jenny from the Block singer auditioned to be a Fly Girl dancer on *In Living Color*, where Perez was the choreographer. Perez says she fought to get Lopez on the squad — despite show boss Keenan Ivory Wayans complaining that she was "chubby and corny" — only to regret it when Lopez displayed

early signs of diva-dom. "All of the girls were coming into my office complaining how she was manipulating wardrobe, makeup and me, all to her advantage," Perez writes, adding that when confronted, Lopez went off on her like "some ghetto biatch, screaming and pounding her chest."



J.K. Rowling

New bone-chiller to be released by Potter penwoman's alter-author

J.K. Rowling is back with a novel involving a writer whose acid-tipped pen may have led to murder.

Publisher Little, Brown said Monday that it is publishing a second book by Robert Galbraith, the Harry Potter author's thriller-writing pseudonym.

The *Silkworm* sees the return of detective Cormoran Strike, the ex-soldier hero introduced in *The Cuckoo's Calling*. In the new book, Strike investigates the

disappearance of a novelist who has written a book that features scathing descriptions of real people.

The Cuckoo's Calling initially attracted little notice when it was published last year, but rocketed up the charts once Rowling was exposed as its author. A lawyer has been fined for letting slip the writer's identity.

The *Silkworm* will be published June 19 in Britain and June 24 in the U.S.

THE ASSOCIATED PRESS

**Don't Miss
This Winter
Tradition!**

**FEB.
19 – 23
CANADIAN
TIRE CENTRE**

CapitalTickets.ca
613-599-FANS
Venue Box Office

DisneyOnIce.com

Metro Ottawa takes a look at the state of the economy in Ottawa-Gatineau and where things are headed in 2014. Including interviews with the mayors of both Ottawa and Gatineau and some of the major economic players, examining everything from jobs and downtown development to small business and the real estate market.

IMAGINE OTTAWA-GATINEAU
Available in the February 25th edition of Metro!



3

Ways to be happier

Want to be happier? Invert, breathe, repeat

Mood changers. Here are three simple ways to turn that frown upside down and take control of how you feel

**GABBY
BERNSTEIN**

Metro World News in New York City

In the midst of busy schedules and managing to-do lists, happiness can become an afterthought and a bad mood can come on quickly. Maybe you didn't get enough sleep, or maybe your boss is driving you nuts. Whatever the case, it's important to know that there is a way out. You have the power to shift your focus and reorganize your energy to change your mood in any given moment. Follow these three steps and empower yourself with tools to get happier quickly.

Don't try to change the world around you, just change the way you see it.

All of the experiences that you have are a direct reflection of your internal beliefs. By cleaning up those beliefs you can clean up your life.

Take an inventory of the ways that you project negativity into your life. Whatever you focus on grows. Therefore, it's time to shift your focus.

Choose one area of your life where you're the unhappiest. Then for the next 40 days, commit to focusing on the good stuff. Change your thoughts, words and actions. Be diligent about this practice and you'll quickly begin to experience miraculous shifts in this area.



Paying attention to how you breathe will help to shift your mood. iSTOCK

Turn your mood upside down.

One of the best ways to get your happy on is with a simple inversion. Turn your negativity upside down with an inversion for one minute (or more) a day.

Move into a shoulder stand: Lie on your back, and press your legs straight up overhead. Exhale and bend from the hip joints to slowly lower your toes to the floor behind your head. Keep your torso perpendicular to the floor and your legs fully extended. Lightly drop your toes to the floor and lift your thighs and tailbone toward the ceiling. Draw your chin away from the breastbone and soften your throat.

To enhance the posture, you can press your hands

against the back torso and press your back up toward the ceiling. You can use your hands for support or you can release them away from your back and stretch the arms out behind you on the floor.

To exit the pose, drop your hands onto your back again and raise your legs into a shoulder stand and exhale your way down to the ground.

This simple practice can turn your bad mood, stress or foggy mind upside down and recharge your energy.

Most importantly, inversions will lift your spirit and relieve depression. When you increase your circulation and send oxygen to the brain, you release neurotransmitters and

endorphins while balancing your hormones. This will make you happier!

Change your breath pattern.

The moment we change our breath pattern we change our energy, thereby changing our experience. Whenever you notice yourself about to relapse into negative behaviour, take a long, deep breath. Your calm and centered energy will support you in positive behaviour.

Whenever you notice your mood's gotten the best of you, practice one of these tools and find your way out. You have far more power than you think. Take your happiness into your own hands and start consciously changing your mood today.

For your phone

Jabra Sport Wireless+ (iPhone/Android)
4 Stars/\$99.95



MIND THE APP

Kris Abel
@RealKrisAbel
life@metronews.ca

Adjust the shape of these wireless earbuds and you can comfortably lock them to your ears for tangle-free exercising.

They include an FM radio, can answer phone calls, and although not fitness trackers themselves, can connect to apps that are.



Half-Off



Elisha's plan to lose 10 pounds in six weeks hit some snags, and she actually ended up gaining weight ... but is the setback going to keep her from reaching her goal? Visit metronews.ca/voices/half-off to find out.



**CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE**



Aesthetic, Implant & Family Dentistry Since 1983

Check out our weekly blog at www.rideaudental.ca

*This week:
Choosing the Right Toothbrush*

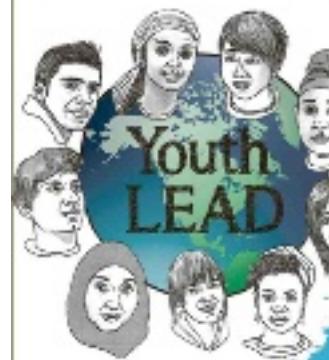
613-230-7475

2nd Level
Rideau Centre

**STRESS FREE AND
CARING DENTISTRY**
**NOW ACCEPTING
NEW PATIENTS**



LOOKING FOR WORK EXPERIENCE?



Are you...

- * a newcomer to Canada?
- * between 15 and 29 yrs of age?
- * out of school and out of work?

The Youth LEAD
Employment Program is a 16-week work experience program for immigrant Youth.

Call Nabilah Chowdhury
613-820-4922
ext 3346
for more info!

Powered by
Citizenship and
Immigration Canada
Sponsored by
Government of
Ontario
and
Pinecrest-Gloucester
Community Board Council

How do you spell tea? S-e-r-e-n-i-t-y



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, we put together a list of some teas that can help soothe what ails you.

Here are a few:

Camomile tea

Camomile isn't just for helping you relax. Several of its chemical compounds, especially bisabolol, act as antispasmodics. They relax the smooth muscles that line the digestive tract and uterus, easing after-meal stomach discomfort and soothe menstrual cramps.

Chaga tea

The chaga mushroom, a fungus that grows on birch trees, is believed to be an anti-inflammatory, antibacterial and high in antioxidants. It may even protect against cancer. A 2004 study published in the journal BioFactors

found that chaga mushroom extract offers cellular protection against DNA damage.

Dandelion root

As a bitter herb, dandelion root stimulates gastrointestinal function, and is traditionally used for indigestion and mild constipation. It is also a popular caffeine-free alternative to coffee, and a pleasant way to stimulate digestion before or after a heavy meal.

Lemon balm tea

Lemon balm's mild mood-enhancing, sedative effects are commonly used to treat issues such as sleep disorders, restlessness, anxiety and depression. It may dull alertness, however, so avoid it when you're doing activities for which you need to be sharp, such as driving.

Raspberry leaf tea

Raspberry leaves contain fragrine, a substance that helps ease menstrual cramping. It can also lighten excessive bleeding. But if you have a hormone-sensitive



Tea can calm your mood, and help many common ailments, too. iSTOCK

health issue, or are pregnant or breastfeeding, talk to

your health-care practitioner about whether it's safe for

you. **BEST HEALTH** IS ON NEWS-
STANDS, OR YOU CAN SUBSCRIBE AT

BESTHEALTHMAG.CA. WE ALSO HAVE AN
AWARD-WINNING IPAD EDITION.

Beautiful Legs Begin Here!

VARICOSE VEINS
Painful veins on your legs?
Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

SPIDER VEINS
Spider veins on your legs or face?
Get rid of them with simple injections.

Dr. Lucie Beaupré
Diplomate of the American Board of Venous and Lymphatic Medicine

OTTAWA
1335 Carling Ave.
Suite 600
(613) 722-0101

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561

www.drbeaupreveinclinic.com

DR. BEAUPRÉ
VEIN/VARICES
CLINIQUE

Career Education

HEALTH CARE

GRADUATE AND BE JOB-READY IN LESS THAN **1 YEAR***

WHY SPEND 2 TO 4 YEARS AT A PUBLIC COLLEGE?

CALL NOW FOR MORE INFORMATION!
1-866-839-7619
or apply online at
www.EXPLOREEVEREST.CA

OTTAWA EAST • OTTAWA WEST

Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

14 Convenient Locations in Ontario

Everest College is the largest private career college in Ontario with more than 5,000 enrolments last year.

Financial assistance may be available for those who qualify. Flexible class schedules. Accredited Member, ACICS.



You don't spend it all in one place, so just where does your money go?

Go figure. Knowing what you're paying out each month will put you in control



GAIL
VAZ-OXLADE

Gail blogs daily at gailvazoxlade.com

Do you know what you're spending every month? Guess what Statistics Canada says the average Canadian spends a month. Go ahead, guess. No, I'm not going to tell you yet. I want you to figure out what you're spending first, and then I'll give you the averages.

Don't even know where to start? Grab your last month's bank statement(s), credit card statement(s), and line of credit statement(s). Now, break every transaction into one of the following categories:

- Shelter (mortgage, rent, hydro, heat, taxes, maintenance)
- Services (cable, telephone, security, home cleaning, cell, Internet, childcare, health, pets)
- Food (everything you put in your mouth and swallow, including restaurants)
- Shopping (any STUFF you bought for yourself and anyone else — everything!)
- Transportation (car payment, gas, repairs, highway tolls, taxis, bus, train)

- Entertainment (movies, books, magazines, hobbies, gym, club, sports)
- Bank fees (service charges, ATM fees, NSF fees — don't include interest)
- Interest costs (from everywhere)
- Debt repayment (don't worry about splitting out interest and principal, just total all your debt repayment amounts)
- Savings

If you're the average Canadian, according to the Stats man, you're spending (based on 2011 figures) about \$1,611 a month to keep a roof over your head, \$650 on food, \$280 a month on clothes, \$936 on transportation (jeez, really?), and \$309 on recreation. But those are averages and there's nothing average about YOU so you have to figure out your own numbers to even know where to start with your money management.

Don't want to be bothered spending the time figuring out where your money is going? Then you shouldn't be surprised when you keep on digging yourself into a debt hole. Only when you're ready to put some effort into making things right, will you end up creating a different result.

Most people spend without even thinking about it. When I suggest that you can find the money you need to save or pay down your debt, it isn't a matter of cutting back to the



The average Canadian spends \$650 a month on food. ISTOCK

point where you're having no fun at all. But wouldn't it be interesting to see just where the money goes when you're really paying attention?

As our disposable income comes under fire from constantly rising costs and our wants are forced to give way to our needs, it's important we know where every penny is going. The average debt load for households in Canada is up by more than 80 per cent since

1990. And while many of the world's economies and households are reducing their debt levels, in Canada ours continue to climb. Recklessly, we continue to spend money we haven't yet earned. And when our ability to earn hits a bump in the road, if we don't have our expenses under control, the smash-up will be bloody horrible.

If you believe there will always be more money, it's time

to wake up and smell the coffee: In January 2012, wages lagged inflation by 0.3 per cent following a six-month period when wages lagged inflation by more than one per cent. So we are falling more and more behind.

You can whine about the economy, bitch about your employment options, worry about money, or you can DO something. That doing means figuring out exactly where

your money has been going. Only then can you decide if your money is working the way you want it to. Only then can you take control and make your money work as hard for you as you do for it.

So, are you ready to take control of your money and your life?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO Mymoneymychoices.com AND FOLLOW THE ROADMAP TO SUCCESS.

METRO CUSTOM PUBLISHING

Can't Wait To File?

Tax Talk

Need
Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK



Q

When can I file my return?

A

I wish everyone was so eager to file. The NETFILE system opened February 10 for electronic filing, so you can hit Send as soon as you are ready. Make sure you have all your T4s and other receipts before you file. If not, you will have to file more paperwork to do an adjustment or the CRA will notice and reassess your return. It may be tempting to file quickly to get your refund, but missing slips will lead to headaches later.

Q

I haven't filed a tax return in five years. What is the best way to catch up?

A

My advice is to take it one year at a time. And do it now before the CRA sends you a request to file. Start with the oldest year first and work your way forward. Don't get overwhelmed by doing all five years at once. Mail each year when it is ready. Mail is the only option for returns older than 2012. Call the CRA and request any T slips you are missing. Processing will take a little longer but you will receive benefits like the GST/HST retroactively if you qualify.

Visit hrblock.ca for a location near you

Cheater's chana

THERESA
ALBERT
myfriendinfood.com

There is no way I would disgrace the ancient art of Indian cooking and call this true chana masala. The exquisite mixture of spices and slow simmering of chickpeas can't be beat, but this recipe takes 20 minutes, is low in fat, tasty and a crowd-pleaser. A side of sautéed spinach and an extra bottle of beer is all you need to make this weeknight meal a true treat.

1. Warm skillet over medium high heat and add butter.

2. Slice onion, add, allow to brown.

Ingredients

- 1 tbsp butter
- 1 onion
- 1 medium sweet potato
- 1 tbsp curry powder
- 1 tsp cardamom pod
- 1 can chickpeas
- 1 bottle beer
- 1/2 cup tomato sauce
- Pinch hot pepper flakes



This recipe serves six. COURTESY THERESA ALBERT

3. Peel and chop sweet potatoes and add to onion.

4. Stir in curry powder and smash cardamom pods with the back of knife and add, stirring to coat. Add chickpeas and stir. Pour beer into skillet and stir in tomato sauce as well as hot pepper flakes.

5. Simmer, uncovered, to thicken and soften potatoes, 10

FLASH FOOD



From your fridge
to your table in
30 minutes or less

minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS FOUND DAILY AT MYFRIENDINFOOD.COM

ALGONQUIN COLLEGE

Connected to Real Life. Real Jobs.



Interested in improving your career prospects? Enrol in a Graduate Certificate program at Algonquin College this Fall. Graduate programs can enhance your degree by providing practical, job-focused skills that set you apart from the competition. Get the education you need for the future you want.

algonquincollege.com/gradcerts

CONNECTED TO WHERE YOU WANT TO GO.

A promotion may be closer than you think.

Search from over 650 new jobs posted every day.

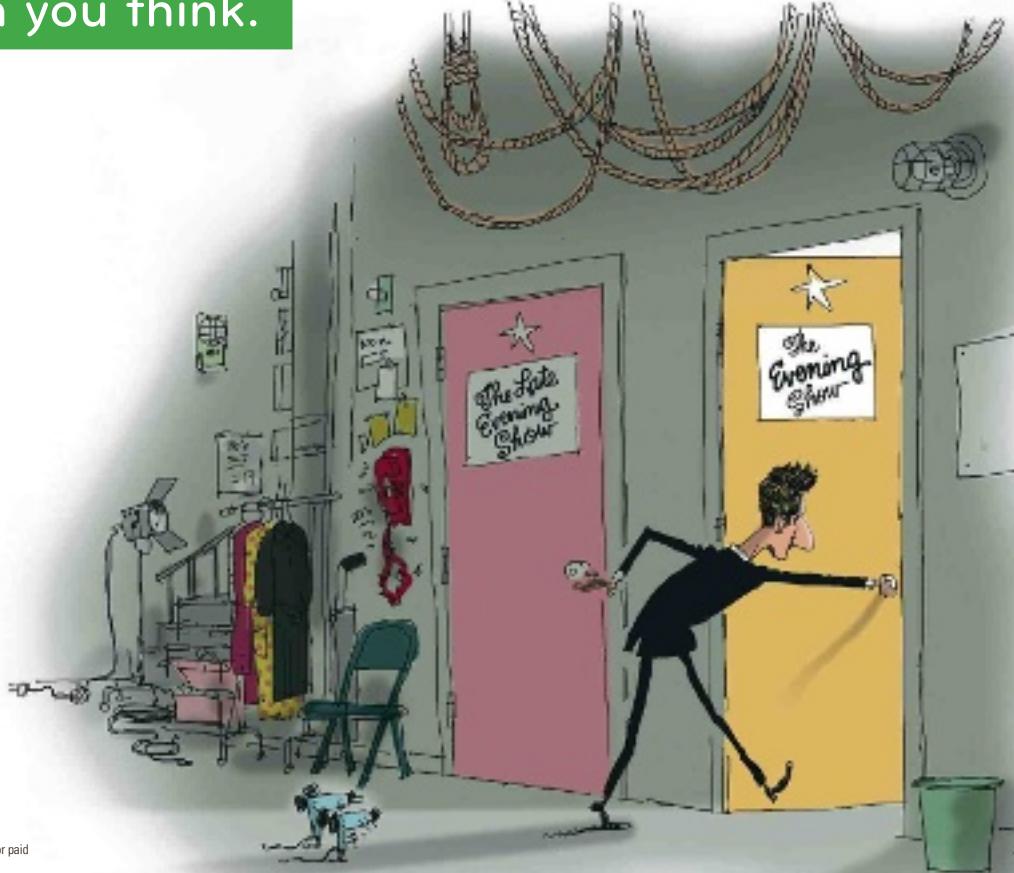
Tired of working the late-night shift? With the most job postings from Canada's top employers, we'll help you find a new job with prime time hours. It's what makes Workopolis Canada's number one job site.

workopolis.com

#workopolis


WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending January 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.



Virtue, Moir take silver in curtain call



Ice dance. Celebrated Canadian skaters close out Olympic careers by finishing second to American archrivals

Canadian ice dancers Tessa Virtue and Scott Moir skated their "best performance of the year" in Monday's Olympic free dance, but it wasn't quite enough to beat their archrivals from the United States.

The defending champions skated a flawless free dance but had to settle for the silver medal after being edged by Charlie White and Meryl Davis.

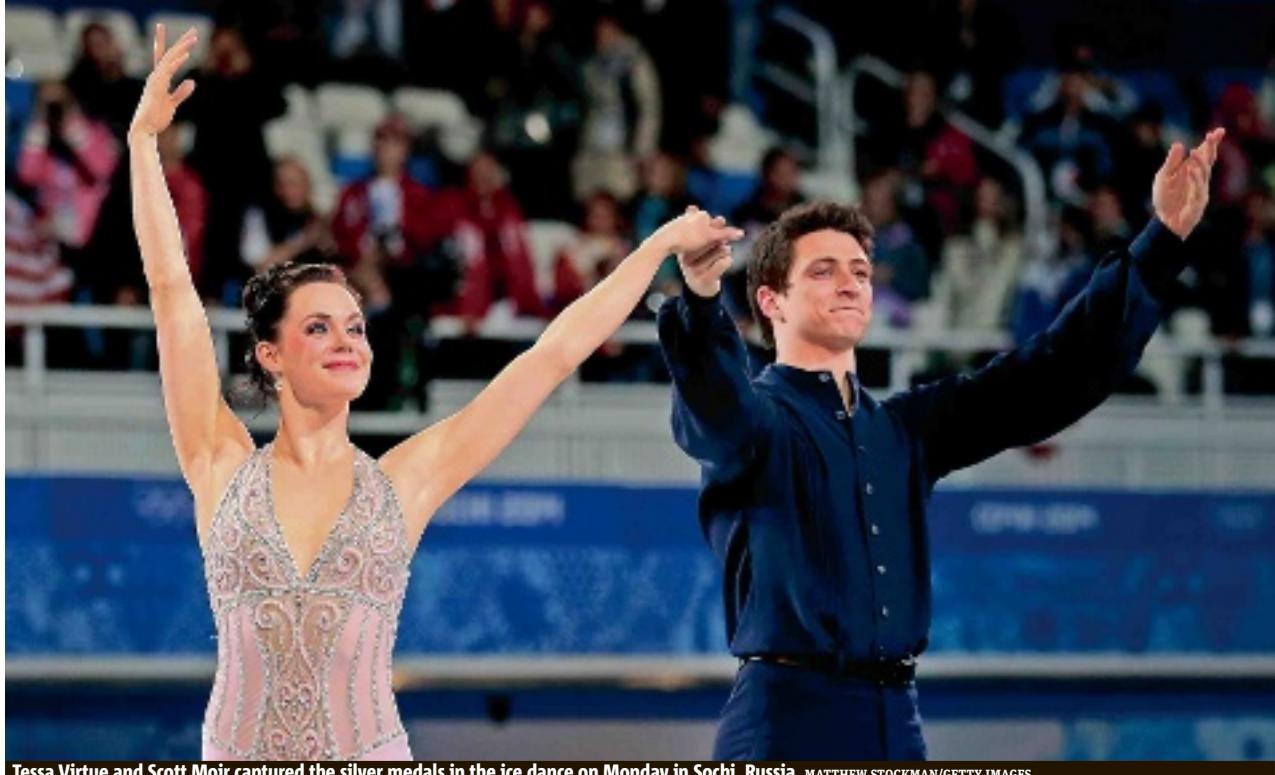
The Canadians finished with 190.99 points after collecting 114.66 in the free dance.

"This is the biggest stage in the world so, of course, it's stressful," said Virtue. "It's a pretty ambitious program, and it's a loaded program, and I think we did it pretty well."

"We felt immense pressure. We trained 17 years for this moment."

The pair has said Sochi is their final Olympics.

White and Davis finished first with 195.52 points, including 116.63 in the free dance, to become the first



Tessa Virtue and Scott Moir captured the silver medals in the ice dance on Monday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

American champions ever in the event.

"It kind of all came together for us and we're so pleased to be here," said White. "We're kind of in disbelief."

Virtue, from London, Ont., and Moir, from Ilderton, Ont.,

trailed the Americans by 2.56 points after Sunday's short dance.

Moir said they were happy with their skate Monday.

"That was our best performance of the year for that program," he said. "That pro-

gram was our baby and it's special for us to perform it for the last time."

"We handled ourselves in the best way possible."

Elena Ilinykh and Nikita Katsalapov of Russia took bronze with 183.48.

Kaitlyn Weaver and Andrew Poje of Waterloo, Ont., finished seventh with 169.11 while Alexandra Paul of Midhurst, Ont., and Mitchell Islam of Barrie, Ont., were 18th with 138.70.

THE CANADIAN PRESS



3 days to save.

Big savings on demonstrator vehicles in stock.
3 days only – February 17, 18 & 19. So hurry in.

2014 B 250 DEMO. TOTAL PRICE¹ : \$32,915** MILEAGE: 5,001-7,500 KM*

Lease APR	Lease Payment	Down	Plus receive:
2.9%*	\$378*	\$0*	6 months
45 Months	Includes discount: \$2,550*		payments waived ²

¹Taxes extra.

- 2,501-5,000 km: Lease for \$398/month* with \$0 down (includes discount of \$1,695)
- 0-2,500 km: Lease for \$418/month* with \$0 down (includes discount of \$840)

2014 C 300 4MATIC™ AVANTGARDE EDITION DEMO. TOTAL PRICE¹ : \$44,665** MILEAGE: 5,001-7,500 KM*

Lease APR	Lease Payment	Down	Plus receive:
2.9%*	\$498*	\$0*	6 months
39 Months	Includes discount: \$4,955*		payments waived ²

¹Taxes extra.

- 2,501-5,000 km: Lease for \$538/month* with \$0 down (includes discount of \$3,465)
- 0-2,500 km: Lease for \$568/month* with \$0 down (includes discount of \$2,350)

Mercedes-Benz Gatineau 1339 boul. de la Vérendrye Ouest 819-931-2369 www.mercedesgatineau.com

© 2014 Mercedes-Benz Canada Inc. 2014 B 250/2014 C 300 4MATIC™ Avantgarde Edition Sedan shown above, National MSRP \$30,500/\$42,250. **Total price of \$32,915/\$44,665 and down payment include freight/PDI of \$2,245, RDP/RM fee of up to \$55.49, air-conditioning levy of \$100 and a \$15 fee covering EHF tires. ITaxes extra. 25 six first months payment waivers are capped for 2014 B 250 demonstrators/2014 C 300 4MATIC™ Avantgarde Edition Sedan demonstrators up to a total of \$2,400/\$2,700 (including taxes) for lease programs. *Lease offers based on the 2014 B 250 demo/2014 C 300 4MATIC™ Avantgarde Edition Sedan demo available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease examples based on 2014 B 250 demo at \$418 per month from 0-2,500 km/\$398 per month from 2,501-5,000 km/\$378 per month from 5,001-7,500 km and on 2014 C 300 4MATIC™ Avantgarde Edition Sedan demos at \$568 per month from 0-2,500 km/\$538 per month from 2,501-5,000 km/\$498 per month from 5,001-7,500 km. Down payment or equivalent trade of \$0 plus security deposit of \$450/\$400/\$400 and of \$600/\$550/\$500 in addition to applicable taxes due at lease inception. MSRP starting at \$30,500/\$42,250. Lease APR of 2.9% applies. Total obligation is \$19,260/\$18,310/\$17,410 and of \$22,752/\$21,532/\$19,922. 18,000 km/year allowance (\$0.20/km for excess kilometres applies). Vehicle licence, insurance and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See Mercedes-Benz Gatineau for details. Offer valid until supplies last from February 17 to 19, 2014 only.



Mercedes-Benz

Canada to battle U.S. for the gold

Hockey. Women's super powers set to collide in Sochi final

Canada will play for Olympic women's hockey gold again although their road through the tournament was less dominant than at previous Winter Games.

A 3-1 win over a tenacious Switzerland and their indefatigable goaltender Florence Schelling in Monday's semifinal propelled the Canadians to their fifth Olympic final.

The Canadian women have won the last three gold medals after falling to the United States in the first Olympic women's hockey final in 1998.

The Canadians and the Americans meet for the title again Thursday and will play for the first time in the Bolshoy Ice Dome, where the men's games are.

"We're ready for this," six-time Olympian Hayley Wickenheiser said. "We have a lot of players who have been through this before and know exactly what has to be done."

"What do they say? Courage is just one step ahead of fear. You've got to play with courage and that's what it comes down to."

Reigning world champion U.S. downed Sweden 6-1 in the other semifinal.

THE CANADIAN PRESS



Canada's Natalie Spooner celebrates a goal against Switzerland during Monday's 3-1 victory. PETR DAVID JOSEK/THE ASSOCIATED PRESS

It's not just a medal. It's a way of life.
Go Canada Go

Gillette
THE BEST A MAN CAN GET

Hockey

USA Hockey tweets early bird anthem

The U.S. women's hockey team has come up with a

clever way to attract fans back home to watch its games live — hashtagging the second line of the American national anthem.

The #DawnsEarlyLight hashtag is reminding fans

in the United States to wake up early to watch their team. A USA Hockey staffer came up with the idea, playing off the lyrics: "By the dawn's early light."

THE ASSOCIATED PRESS

MEDALS

Through Monday's Events
(60 of 98 medals)

Nation	G	S	B	Total
Russia	5	7	6	18
United States	5	4	9	18
Netherlands	5	5	7	17
Norway	5	3	7	15
Canada	4	7	4	15
Germany	8	3	2	13
Sweden	2	5	2	9
Switzerland	5	2	1	8
Austria	2	5	1	8
Belarus	5	0	1	6
China	3	2	1	6
France	2	0	4	6
Japan	1	3	2	6
Czech Republic	1	3	1	5
Slovenia	1	1	3	5
Italy	0	2	3	5
Poland	4	0	0	4
South Korea	1	1	1	3
Australia	0	2	1	3
Latvia	0	1	2	3
Britain	1	0	1	2
Finland	0	2	0	2

WHAT CANADA DID

MONDAY

BIATHLON

Women's 12.5-kilometre mass start — Megan Imrie, Falcon Lake, Man., 28th overall (38 minutes 59.0 seconds, with five missed targets — 3:33.4 behind winner).

BOBSLEIGH

Men's doubles — Justin Kripps (pilot), Summerland, B.C., and Bryan Barnett, Edmonton, sixth overall (three minutes 46.62 seconds after four runs - 1.23 seconds behind winner and 0.35 out of a bronze); Chris Spring, Calgary; Jesse Lumsden, Burlington, Ont., seventh (3:46.79); Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary), ninth (3:46.88).

CURLING

Women — Canada (9-0) finished the round-robin with a 9-4 victory over South Korea and will meet Britain in Wednesday's semifinal.

FIGURE SKATING

Ice dance — Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., second in the free dance (114.66 points) and won the **silver medal** with 190.99 (4.53 points out of gold); Kaitlyn Weaver and Andrew Poje, both Waterloo, Ont.,

fifth in free (103.18) and seventh overall (169.11); Alexandra Paul and Mitchell Islam, both Barrie, Ont., 16 (82.79), 18th overall (138.70).

FREESTYLE SKIING

Men's aerials — Travis Gerrits, Milton, Ont., advanced to the second semifinal jump where he scored 111.95 points and failed to qualify for the final.

HOCKEY

Women — Canada won their semifinal 3-1 over Switzerland and will play the U.S. for the gold medal on Thursday.

SKI JUMPING

Men's Team (large hill) — Canada placed 12th overall in qualifying with 399.2 points (Trevor Morrice, Calgary, 94.3; Dusty Korek, Calgary, 102.6; Matthew Rowley, Red Deer, Alta., 94.7; Mackenzie Boyd-Clowes, Calgary, 107.6) — did not advance to the finals.

CURLING

All Times Eastern

MEN

Country

Country	W	L
x-Sweden (Edin)	8	1
x-Canada (Jacobs)	7	2
x-China (Liu)	7	2
t-Norway (Ulsrud)	5	4
t-Britain (Murdoch)	5	4
Denmark (Stjerne)	4	5
Russia (Drozdov)	3	6
Switzerland (Michel)	3	6
United States (Shuster)	2	7
Germany (Jahr)	1	8

x — clinched semifinal berth

t — advance to tiebreaker

Monday's results

China 6 Britain 5

Denmark 5 Norway 3

Russia 8 Germany 7

Switzerland 6 United States 3

End of Round Robin

Tuesday's game — Tiebreaker

Norway vs. Britain, 12 a.m.

Wednesday's games — Semifinals

Sweden vs. Norway-Britain winner, 10 a.m.

Canada vs. China, 10 a.m.

WOMEN

Country

Country	W	L
x-Canada (J.Jones)	9	0
x-Sweden (Sigfridsson)	7	2
x-Switzerland (Ott)	5	4
x-Britain (Muirhead)	5	4
Japan (Ogasawara)	4	5
China (Wang)	4	5
Denmark (Nielsen)	4	5

x — clinched semifinal berth

t — advance to tiebreaker

Monday's results

China 3 Switzerland 1

U.S. 6 Sweden 1

Sunday's results

Qualifications

(Fifth-Eighth places)

Finland 2 Germany 1

Russia 6 Japan 3

Tuesday's games

Seventh Place

Germany vs. Japan, 3 a.m.

Fifth Place

Finland vs. Russia, 7:30 a.m.

Thursday's games

Bronze Medal

Sweden vs. Switzerland, 7 a.m.

Gold Medal

Canada vs. U.S., 12 p.m.



Canadian captain favours gold over goals

Men's hockey. Crosby's Sochi contribution goes beyond the scoresheet, says Toews, Babcock

Ziga Jeglic and Janis Sprukts aren't Sidney Crosby, yet they're both outscoring the Team Canada captain in the Olympic hockey tournament.

Through three games, Crosby has no goals and two assists, a level of production that could be cause for concern. But that's only the case if Crosby's other contributions are ignored.

"He's playing against the best D-pairing and they're going all out trying to check him," centre Jonathan Toews said Monday. "Whether he's scoring every game or not, he's deflecting a lot of that atten-

tion, a lot of that pressure ..."

Coach Mike Babcock understands the star centre's role on this team goes beyond just filling up the scoresheet.

"Everyone evaluates Sid on scoring, and I evaluate Sid on winning," Babcock said Sunday night after beating Finland 2-1 in overtime. "That's what we came here for."

Through three games his team is undefeated going into

Wednesday's quarter-final against Switzerland or Latvia, and Crosby has offered a balanced assessment of his play.

"I think you always want more," Crosby said. "If you asked me that question a month ago, I'd have said, 'I'd like to create more.' It's the same way now. You always want to generate offence ... and obviously put the puck in the net." **THE CANADIAN PRESS**



Sidney Crosby high-fives fans in Sochi. BRUCE BENNETT/GETTY IMAGES



HYUNDAI

OFFER ENDS FEB 28TH

FOR A LIMITED TIME

2013 ELANTRA L

OWN IT FOR ONLY

\$12,995*

INCLUDES \$4,540 IN PRICE ADJUSTMENTS[□]

ALL-IN PRICING
INCLUDES PRICE ADJUSTMENTS[□], FEES, DELIVERY & DESTINATION, PLUS HST.

2013 SONATA GL

OWN IT FOR ONLY

\$19,995*

INCLUDES \$5,790 IN PRICE ADJUSTMENTS[□]

ALL-IN PRICING
INCLUDES PRICE ADJUSTMENTS[□], FEES, DELIVERY & DESTINATION, PLUS HST.

WITH

5 YEAR COMPREHENSIVE WARRANTY^{††}

One of the best backed warranties in Canada!



Elantra Limited model shown[♦]

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM[♦]



Sonata Limited model shown[♦]

HWY: 5.6L/100 KM
CITY: 8.7L/100 KM[♦]

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty^{††}

5-year/100,000 km Powertrain Warranty

5-year/100,000 km Emission Warranty

 **HYUNDAI** | NEW THINKING.
HyundaiCanada.com

^{††}The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. [♦]Price of model shown: 2013 Elantra Limited/ 2013 Sonata Limited is \$24,985/ \$30,785. [□]Fuel consumption for new 2013 Elantra L Manual (HWY 5.2L/100KM; City 7.1L/100KM)/2013 Sonata GL Auto (HWY 5.6L/100KM; City 8.7L/100KM) are based on manufacturer testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. *Price for Elantra L Manual/ Sonata GL Auto includes price adjustment, Delivery and Destination charges of \$1,550/\$1,650, fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. [□]Price adjustments are calculated against the vehicle's starting price. Price adjustments of up to \$4,540/\$5,790 available on cash purchases on 2013 Elantra L Manual/ 2013 Sonata GL Auto. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. [♦]Offers available for a limited time, and subject to change or cancellation without notice. See dealer or HyundaiCanada.com for complete details. Dealer may sell for less. Inventory is limited. ^{††}Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

PAPER TO INSERT DEALERTAG HERE

Men's hockey

Kovalchuk just resting: Coach

Ilya Kovalchuk was not on the ice for Russia's final practice before the qualification round, and his coach insisted the superstar forward is not injured.

"He's OK," Russian coach Zinetula Bilyaletdinov said Monday. "Just a rest."

Kovalchuk missed the final minutes of the second period in Sunday's win over Slovakia after appearing to hurt his right ankle.

The fifth-seeded Russians will play 12th-seeded Norway on Tuesday.

THE ASSOCIATED PRESS

Men's hockey

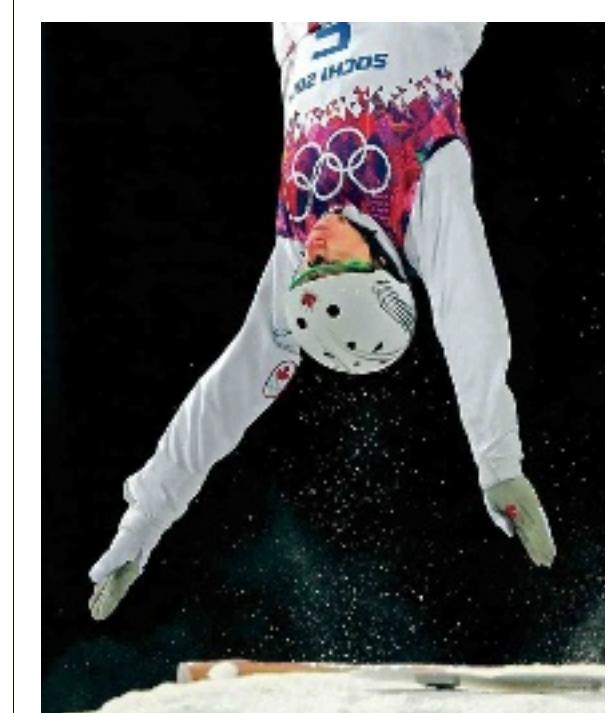
Russians protest disallowed goal

After a heated U.S.-Russia game at the Sochi Olympics on Saturday, many Russian spectators have decided the cold war is back — and not just on the ice.

Demonstrators gathered in Moscow on Monday to protest a referee's call disallowing a Russian goal in the game that Russia ultimately lost in a penalty shootout.

The protesters, organized by the Kremlin party's youth group, shouted, "Make soap out of the ref!" — a common expression among Russian soccer fans.

THE ASSOCIATED PRESS



Ontario's Gerrits left hanging

Canada's Travis Gerrits jumps during men's freestyle skiing aerials at Rosa Khutor Extreme Park on Monday in Sochi. The Milton, Ont., native failed to make the final and settled for a seventh-place finish after scoring 111.95. Anton Kushnir stuck a near-perfect landing on his five-twisting jump in the finals Monday to make it 2-for-2 at the Sochi Games for his country, winning the gold medal three nights after Alla Tsuper took gold for Belarus in the women's contest. SERGEI GRIKS/THE ASSOCIATED PRESS

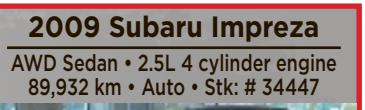
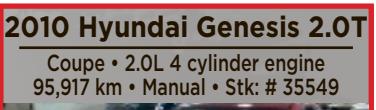
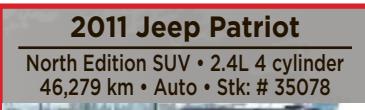
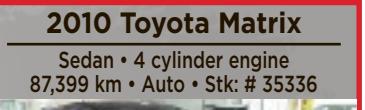
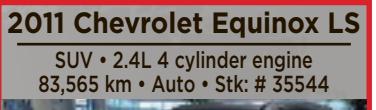
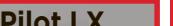
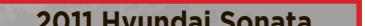
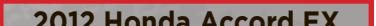


MEGA AUTOMOBILE.com

THE AUTOMOBILE SUPERSTORE

**FINANCING
FROM
3.99%
ON SELECT
USED VEHICLES**

90 DAYS WITHOUT PAYMENT

2008 Ford Escape XLT 2.3 engine 94,461 km • Auto • Stk: # 12507-A	2008 Honda Civic DX Sedan • 1.8L 4 cylinder engine 97,871 km • 5 Speed Auto • Stk: # 34894	2008 Hyundai Accent HB Hatchback • 1.6L 4 cylinder engine 64,520 km • Manual • Stk: # 12477-A	2008 Honda Mazda3 Sedan • 2.0L 4 cylinder engine 79,603 km • Manual • Stk: # 33485	2008 Toyota FJ Cruiser 4WD SUV • V6 cylinder engine 134,782 km • Manual • Stk: # 35569 USA
\$11,870 	\$9,910 	\$7,850 	\$7,950 	\$17,980 
2009 Honda Fit DX Hatchback • 4 cylinder engine 77,933 km • Manual • Stk: # 35561	2009 Subaru Impreza AWD Sedan • 2.5L 4 cylinder engine 89,932 km • Auto • Stk: # 34447	2010 Ford Ranger Sport Supercab Truck • 4.0L V6 cylinder 76,758 km • Manual • Stk: # 35591	2010 Hyundai Genesis 2.0T Coupe • 2.0L 4 cylinder engine 95,917 km • Manual • Stk: # 35549	2011 Jeep Patriot North Edition SUV • 2.4L 4 cylinder 46,279 km • Auto • Stk: # 35078
\$8,880 	\$12,950 	\$11,970 	\$14,640 	\$15,740 
2010 Toyota Corolla CE Sedan • 1.8L 4 cylinder engine 96,182 km • Auto • Stk: # 35356	2010 Toyota Matrix Sedan • 4 cylinder engine 87,399 km • Auto • Stk: # 35336	2011 Chevrolet Equinox LS SUV • 2.4L 4 cylinder engine 83,565 km • Auto • Stk: # 35544	2011 Ford F-150 XL FLEX FUEL Truck • 3.7L V6 cyclinde 19,357 km • Auto • Stk: # 35587	2011 Ford Fiesta SE HB Hatchback • 1.6L 4 cylinder engine 91,687 km • Auto • Stk: # 35182
\$9,870 	\$11,860 	\$15,630 	\$15,860 	\$9,870 
2011 Honda Pilot LX 4WD 8PASS SUV • 3.5L V6 cylinder 60,981 km • Auto • Stk: # 35148 USA	2011 Hyundai Sonata Sedan • 2.4L 4 cylinder engine 74,881 km • Auto • Stk: # 35355	2012 Dodge Ram 1500 SLT HEMI 4WD Truck • 8 cylinder engine 32,946 km • Auto • Stk: # 34429	2012 Honda Accord EX Coupe • 2.4L 4 cylinder engine 29,686 km • Auto • Stk: # 35564	2012 Honda CR-V EX R.CAM SUV • 2.4L 4 cylinder engine 14,385 km • Auto • Stk: # 34955 USA
\$25,670 	\$13,720 	\$25,840 	\$18,940 	\$24,870 
2012 Hyundai Santa Fe AWD SUV • 2.4L 4 cylinder engine 47,006 km • Auto • Stk: # 34789 USA	2012 Kia Forte LX Sedan • 4 cylinder engine 53,100 km • Auto • Stk: # 35234	2012 Nissan Altima 2.5S XTRONIC CVT • 4 cylinder engine 58,295 km • Auto • Stk: # 35390	2012 Toyota Yaris LE HB Hatchback • 1.5L 4 cylinder engine 42,267 km • Auto • Stk: # 34944	2013 Hyundai Elantra GLS Sedan • 1.8L 4 cylinder engine 52,207 km • Auto • Stk: # 35527
\$21,650 	\$12,830 	\$13,850 	\$13,570 	\$14,930 

**Are you employed
by Federal, Provincial or
Municipal government?**

If yes, finance your vehicle at Mega and receive our bank commission of up to

\$500

www.megaautomobile.com

1261, boul. St. Joseph, Gatineau • 819.770.2277

Just 5 minutes from downtown Ottawa

WE ARE OPEN 8 DAYS A WEEK!